

Effect of Acupressure on Dynamic Balance in Elderly Women: A Randomized Controlled Trial

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ABSTRACT

Background: Balance disorders are common in the elderly and are a major cause of falls. This study aimed to determine the effect of acupressure on dynamic balance in elderly women.

Methods: This randomized controlled clinical trial was conducted on 72 elderly women in Qazvin, Iran. The intervention group received rotary massage using the thumb at the pressure points for 4 weeks, 3 times a week for 20 minutes each session. Dynamic balance in both groups was measured before, 2 and 4 weeks after the intervention using timed up and go test and the step test. Data were analyzed using two way repeated measures ANOVA.

Results: The mean age of participants was 67.34 ± 6.30 with a range of 60 to 80 years old. The results showed statistically significant improvement in the dynamic balance quantified by timed up and go test ($\% \Delta = 26.53$) and step test for the right ($\% \Delta = 35.22$) and left ($\Delta\% = 32.62$) legs ($p < .001$). However, in the control group, no significant change was observed in the dynamic balance after completion of the program.

Conclusion: The results support that acupressure therapy can be an effective, safe, and inexpensive method to improve the dynamic balance and maintain maximum autonomy of the elderly.